

ABSTRACT OF THE DISCLOSURE

A fastening element, which is designed to be set in a bore of a constructional component formed of a hard material, includes a stem (11) adjoining load application part (13), a metal washer (14) having a recess (16) formed in its end surface (15) adjacent to the free flat end surface (12) of the stem (11), and a deformable, energy dissipation element (17) arranged in the recess (16) of the metal washer (14) and projecting beyond the free flat end surface (15) of the metal washer (14) in an unsetting condition of the fastening element (16) in which the energy dissipation element (17) remains undeformed, with the recess (16) having a free lateral space (26) for accommodating the energy dissipation element (17) in its deformed condition.